

**[ABSTRACT]**

Undesired and unforeseeable shrinkage may occur in a tube of plastic material containing optical fibres following its manufacture, especially during storage when the tube is wound on a reel. As a result, there may be uncontrollable variations of the ratio between length of the tube and length of the optical fibre contained therein ("excess fibre variation").

10 The present invention relates to a method and equipment for limiting the excess fibre variations in a plastic tube, by stretching the tube by a predefined amount during manufacturing. The present invention also relates to a plastic tube subjected to a predefined

15 stretching, a cable comprising such a tube and the equipment suitable for manufacturing such tube.